

SEATTLEU

How to Help Your Student Through Transition

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What are you thinking about?

Will my student ...

- do well in classes?
- stay healthy?
- be homesick?
- be safe?
- know how to find resources?
- find a job?
- find ways to get involved?
- make friends?
- change their major?
- learn to balance school, social life, and leadership?
- get along with their roommate?



Evolving Parent Relationship and Involvement

You have been a manager for many things related to your student's life-making appointments, talking to teachers, budgeting, scheduling their time, etc. In college, you are not there all the time. Your student can be successful if you work with them to self-manage.

You are becoming a coach/mentor, advising from the sidelines.



Some ways college is different...

- A student's job is their education and adaptation to independent community living.
- They are seeking to find their own identity in a large diverse community.
- Colleges are not surrogate homes but places to experience growth and challenge-intellectually, emotionally and socially. There will be struggles!
- You can't protect students from failure, disappointment. Developing grit and resilience are important for student success. Especially now.
- It is not necessarily the best 4 years of your life.



Emerging Adulthood

- Term was coined by Dr. Jeffrey Arnett (developmental psychologist)
- Distinct period of development between adolescence and adulthood (18-25 years old)
- Emerging adults often do not see themselves as adolescents anymore, but many also do not see themselves entirely as adults, because they have yet to **adopt adult roles & responsibilities**



Adult Roles & Responsibilities

1. Accept responsibility for the consequences of one's actions
2. Identify one's personal beliefs and values
3. Make independent decisions
4. Establish financial independence from parents
5. Establish an equal relationship with parents



Developmental Tasks of Emerging Adulthood

- Identity exploration
- Questioning worldview
- Love & relationships
- Education & work
- Time of great possibility!



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Some issues by quarter. Transition is a process.

FALL:

- Excitement, testing new-found freedom
- Homesickness and loneliness
- Anxiety RE: roommates, profs, classes
- Making friends
- “Do I fit in here?”
- Breakups of old relationships
- Getting sick away from home for the first time
- Time management
- Managing finances
- Adjusting to new ways of socializing



WINTER:

- “Fresh start” mentality with new quarter
- Satisfaction and/or disappointment with fall quarter grades
- Feelings of cabin fever and depression with winter. Seattle grey days
- Excitement and/or disappointment regarding Spring Break plans



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SPRING:

- Spring fever
- Burned out feeling
- Anxiety regarding roommate(s) for next year
- Stress over moving out of the halls
- Finding a summer job
- Apprehension about returning home for summer
- Sadness over leaving new friendships and/or love relationships at school



Mental Health Care

- Short-term counseling via teletherapy (average = 5 sessions)
- Referrals to community providers for ongoing counseling and/or specialized treatment
- Discern: occasional or ongoing health concerns?
- Set your student up for success & establish with a local, long-term healthcare provider for the next 4-5 years if:
 - Currently undergoing treatment for a previously diagnosed condition
 - History of regularly scheduled (weekly/monthly) therapy
 - History of recovery (inpatient or outpatient)
 - History of hospitalization or inpatient treatment in the last year



College readiness skills

Students arriving on campus with these skills will be a step ahead on their path to success in college:

- Self-advocacy
- Time management
- Responsibility
- Tolerate ambiguity
- How to be alone
- How to learn from those who are different from them
- Resiliency-reaction to a challenge



College readiness in these challenging times

More than ever, these skills will be required:

- **Flexibility** –rules, guidelines will be constantly evolving. Change may be quick
- **Patience**-There will be delays, lines. Things will take longer. We are all learning to live differently
- **Respect**-differing attitudes, different medical conditions, respecting boundaries, social distancing, being a good/responsible neighbor



How you can help...

- Help your student feel confident in his/her ability to manage their own life. Talk about ways to do this over the summer.
- Encourage your student to take responsibility for their education.
- Help your student understand that feeling discomfort is a normal part of transition. Others are feeling it, even if they don't talk about it.
- Learn about the university so you can guide your student to contacting the appropriate resource.
- Encourage your student to get involved in some club or other activity. 10-15 hours a week of a job and other involvement helps students organize their time and develop community.
- Listen, make suggestions but don't fix it.
- Let them make mistakes. It is how we learn important lessons sometimes.
- Reach out, but don't panic if you don't get a response immediately.
- Be ready for "the dump" phone call. You get all the stress; they feel relieved and move on.



10, 5 minute conversations...

- 1. **Academic Goals** (What do you hope to accomplish through your college experience and how will the choices you make align with this?)
- 2. **Alcohol & Drugs** (What are your expectations, values, etc. associated with alcohol and drugs? What will you do when confronted with choices, peer pressure, etc.?)
- 3. **Budget & Money** (What are your expectations for how your student will budget, utilize resources, etc.?)
- 4. **Communication** (What are your expectations for how you'll communicate, frequency of communication, etc.?)
- 5. **Health & Wellness** (Encourage healthy habits-sleep, exercise, diet-the choices made now are habit forming for a lifetime.) Consistent face cover wearing and proper social distancing.



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10, 5 minute conversations con't...

- 6. **On-campus involvement** (Encourage your student to explore and find those things they are most passionate about and to commit to sustained engagement and involvement – 2-3 v. 10 different things with minimal connection.)
- 7. **Sex** (the awkward and important conversation knowing that college students experiment with many things.)
- 8. **Street Smarts** (City savviness given the urban location of the campus.)
- 9. **Study Habits** (Studying in college is significantly different than high school – understanding what they need and developing good habits.)
- 10. **Work** (Is there an expectation your student will work and if so, how much? – being clear about what they need to do from an income perspective.)



Technology

- Because you can be in contact constantly, should you?
- Challenge of staying close and connected while giving students the space they need to mature and grow.
- Who is initiating the contact and how often? Is your student in the driver's seat?
- Are you Facebook friends with your student? Should you be?
- Do you follow them on Instagram/Twitter? Should you?
- Go the “old fashion” route. Hand written notes and care packages are still loved by students! (Remind them to check their campus mail box! 😊)



Resources and Questions

- [Parent & Family Engagement Office](#)
- [Orientation Staff](#)
- [Residence Hall](#) or [Link Community staff](#)
- [Academic Advisors](#)
- [Outreach Center](#)
- Faculty
- [Center for Student Involvement](#)
- [Student Health Center](#)
- [Campus Ministry](#)
- [Counseling & Psychological Services \(CAPS\)](#)
- ...and many more!



What you can expect from the Parent & Family Engagement Office...

- E-newsletters: once a month
- Webinars: at least one a quarter
- Website: www.seattleu.edu/pfe
- Facebook:
www.facebook.com/groups/seattleuparentsandfamilies
- parents@seattleu.edu, 206-296-6291
- Family Weekend, October 23-25, 2020 (*pending)

